

San Bernardino County Tobacco Cessation/Educational Information Resource List

Cessation Activities

East Valley

Colton

Arrowhead Regional Medical Center

"Quit Clinic"

400 N. Pepper Ave.

Colton, CA 92324

Contact: Judy

(909) 580-6225

Three afternoon classes every month from 2:30-4:30 pm

Cost: None

Notes: New medication (by arrangement); group support to "Stay Quit"; call to register for class.

Fontana

Kaiser Permanente

Building #2, 6th Floor

9985 Sierra Ave.

Fontana, CA 92335-6720

(909) 427-3946

"Freedom from Smoking" is an 8 week group cessation class scheduled every Tuesday mornings and Wednesday & Thursday evenings.

Cost: No cost for Kaiser Permanente members. \$40 for non-members.

Note: Participant's 1st visit will receive medication (Bupropion or Nicotine patch). Non-members will not receive prescription benefits.

Loma Linda

Loma Linda Center for Health Promotion

Loma Linda University

Evans Hall, Room 111

24785 Steward St.

Loma Linda, CA 92450

Contact: Linda Ball

(909) 558-4537

New group cessation class start every other month. Classes meets once a week for 4 two-hour sessions from 6:30-8:30 pm. Advanced registration is required.

Cost: \$60

Note: Additional services offered are one-on-one visits with a physician and free CO screening at each visit. Call for physician fees.

Jerry L. Pettis Memorial Veterans Medical Center

(Loma Linda Veterans Hospital)

11201 Benton Rd.

Loma Linda, CA 92350

(909) 825-7084 ext. 1869

Four 1½ hour group cessation sessions every week starts every month on Tuesdays at 1:00 pm or Wednesday at 8:00 am. Service is offered for veterans only.

Cost: Determined after class registration.

Note: Medication prescriptions are offered.

Veterans are welcome to bring their spouse or significant other for support and they are able to use the tools provide by the classes.

Cessation Activities

Redlands

Beaver Medical Group

2 West Fern Ave.
Redlands, CA 92373
Contact: Patient Education Department
(909) 335-4131

Group cessation offered 4-5 times a year. Five sessions on successive Tuesday evenings at 5:30 pm.
Cost: None for members
Note: Visit www.beavermedgrp.com for additional information.

San Bernardino

American Lung Association

441 MacKay Dr.
San Bernardino, CA 92408
Contact: Michelle Schneppe
(909) 884-5864

“Freedom from Smoking” group cessation is available for adults and at variety of settings.
Note: “Freedom from Smoking” cessation services can be accessed free on the internet at www.lungusa.org or www.ffsonline.org

Norton SAC Clinic

1475 East Third St.
San Bernardino, CA 92408
(909) 382-7135

Group cessation classes starts every Tuesdays from 2:00-4:00 pm.
Cost: Sliding scale fee
Note: Prescription for Nicotine Replacement medication available.

San Bernardino Medical Group

1700 N. Waterman Ave.
San Bernardino, CA 92404
(909) 883-8611 ex. 5010

“Freedom from Smoking” 8 week group cessation classes offered every Thursdays from 5:00-6:00 pm.
Cost: \$15.00
Note: Offers prescription for Nicotine Replacement medication.

St. Bernardine Hospital & Community Hospital of San Bernardino

Health Information and Education
1725 Western Ave.
San Bernardino, CA 92411
(909) 887-6333 ext. 4732

“Freedom from Smoking” 8 week group cessation class.
Cost: \$55.00

SMASH (Student Motivation & Action for a Smoke-free Health) Program

San Bernardino Valley Community College
701 S. Mount Vernon
San Bernardino, CA 92410
Contact: Joan Harter
(909) 888-6511 ex. 8672

A free, 5 week non-credit class open to the public.
Cost: None
Note: Class is integrated with a Drug and Alcohol class. Call to see class availability.

Cessation Activities

High Desert

Apple Valley

St. Mary's Medical Center

18300 Highway 18
Apple Valley, CA 92307
Contact: Gayla & Cynthia
(760) 242-2311 ext. 5331

Offers "Freedom from Smoking," a 7 week program that meets once a week for 1 1/2 hours on Thursdays 5:30-7:00 pm. Support group also available that meets once a month.

Cost:

Nicotine Anonyms Support Group

Southern California Intergroup

Meeting Information
(800) 642-0666
www.info.nicotine-anonymous.org

SAN BERNARDINO

Saint Anne's Church
6885 Del Rosa
(Del Rosa and Pacific)
San Bernardino, CA
Mondays @ 5:00 pm
Contact: Mike (909) 882-3633

MORENO VALLEY

Congressional Church
24215 Fir Ave.
Moreno Valley, CA
Mondays @ 5:45 pm
Contact: Ernie (909) 943-6706

POMONA

Congregational Pil Church
Rear of Church Room 14
600 N. Garey Ave.
Pomona, CA
Thursday @ 6:00 pm
Contact: Jim (909) 865-1011

RIVERSIDE

Knollwood Psychology Center
5960 Brockton Ave.
Riverside, CA
Wednesday @ 6:00 pm
Contact: Monty (909) 702-0329

HEMET

Hemet Valley Medical Center
Mental Health Room
1117 E. Devonshire
Hemet, CA
Fridays @ 6:30 pm
Contact: Ken (909) 652-5019

PALM DESERT

Portola Community Center
4580 Portola Ave.
Palm Desert, CA
Fridays @ 5:30 pm
Contact: Susan (760) 674-8048

Smoker's Helplines

The California Smoker's Helpline

The California Smoker's Helpline is a free telephone counseling service funded by the California Department of Health Services. This program helps individuals who are ready to quit. Service hours are from Monday-Fridays 9 am-9 pm and Saturdays 9 am-1 pm. Voice Mail 24 hours a day. Also visit their website www.californiasmokershelpline.org for more information about their services.

English

1-800-NO-BUTTS
(1-800-662-8887)

Spanish

1-800-45-NO FUME
(1-800-456-6386)

Mandarin & Cantonese

1-800-838-8917

Korean

1-800-556-5564

Vietnamese

1-800-778-8440

TTD/TTY

1-800-933-4TDD
(1-800-933-4833)

Chewing Tobacco

1-800-844-CHEW
(1-800-844-2439)

Smoker's Helplines

Kaiser Permanent Smoker's Helpline

Kaiser Permanente offers stop-smoking kits, telephone counseling and referral to on-site classes. Services hours are from Monday-Thursday 8 am-8 pm and Friday 8 am-5 pm.

1-888-883-STOP
(1-888-883-7867)

Websites

The internet provides a wealth of information in a matter of seconds. Below are several websites that offer information about smoking related diseases, quit smoking programs and educational materials.

The American Cancer Society

www.cancer.org

Provides guides to quit smoking and information of tobacco related cancers.

The American Lung Association

www.lungusa.org

A comprehensive site with informative articles related to smoking related diseases. American Lung Association offers Freedom From Smoking a free online smoking cessation program.

QuitNet

www.quitnet.com

A free comprehensive resource and support online quit smoking group. Individuals who want to quit are able to create their own quit smoking program.

FIND—The Foundation for Innovation in Nicotine Dependence

www.findhelp.com

Provides a wealth of educational information regarding nicotine dependence for individuals who want to quit and health professionals who are treating smokers.

Quitsmokingsupport.com

www.quitsmokingsupport.com

Like to QuitNet this website is a comprehensive resource and support online quit smoking group.

California Smokers' Helpline

www.californiasmokershelpline.org

Provides information about their helpline services.

CDC- Centers for Disease Control & Prevention

www.cdc.gov/health/tobacco.htm

CDC provides "quit smoking" materials for the public to download. They also have a wealth of educational materials targeting different audiences (youth, employers, Spanish speakers, etc).

United States Department of Health & Human Services –Office of Surgeon General

www.surgeongeneral.gov/tobacco/

Provides free quit smoking materials for consumers to download.

**San Bernardino County, Department of Public Health
Tobacco Use Reduction Now (TURN) Program
351 N. Mt. View Ave., San Bernardino, CA 92415-0048
(909) 387-6280, 1-800-673-6653, Fax (909) 388-5780**

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San Bernardino County Department of Public Health, Tobacco Use Reduction Now

San Bernardino County Tobacco Use Reduction Now (TURN) 1-800-637-6653